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The four ages of Gymophobics

NE THING that strikes visitors to Gymophobics for the first time is the incredible mixture of ages. Not only do members come in all different shapes and sizes, but they vary in age far more than in 'conventional' gyms. Whilst most members in a conventional gym are in their mid twenties, at Gymophobics the mix is much greater. More and more mothers and daughters now attend, and increasingly so are their grandmothers! Ages range from as young as twelve to members in their eighties!

And, why not? Gymophobics (people who don't like gymnasiums) come in all ages and shapes and sizes. So, what attracts people who would never go to a conventional gym? Members come up with many answers including the friendliness, the close personal attention of staff, the 'air resistance' equipment which makes exercise so easy, the fact that it takes 30 minutes and is an all female environment, the focus on weight loss and figure improvement and the fast results.

The most common answer however, is that most women find conventional gyms quite 'intimidating', but at Gymophobics they can feel quite relaxed. We surveyed members of different ages to find out what their primary goals were and the table below is a broad summary of what they told us.

Age goals

> Under 17:

Often brought along by their mothers concerned about their daughter's lack of physical activity, poor posture and early weight gain. This is also the age to build strong bones and avoid osteoporosis in later life!

> 18 to late 30s:

To achieve and maintain a great figure, weight loss.

> 40 to mid 50s:

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> 55 plus:

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On your first visit, you will be shown around and we will answer all of your questions. We will even tell you what results you can expect and how long it will take you to achieve your ideal figure and how often you will need to attend (most ladies visit us two or three

times each week for a thirty minute session). If you decide to enrol, we will book you in for an induction. This usually takes an hour and is a one to one session with a qualified instructor who has been trained at our own training academy. Thereafter, each time you come along an instructor will ensure that you know exactly what you are doing and will gradually upgrade your programme as you gain in fitness and confidence.

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Every ten weeks you will be booked in for a reassessment which will show the results you have achieved. Expect to be amazed! We can sculpt your figure and ensure that inches are lost from all the right places. Your metabolism will speed up and you will burn excess fat from all over your body. You will take on a leaner, firmer appearance, your tummy will flatten and your bust will be lifted. Flabby areas around the bum, thighs and the back of the arms will disappear.Whatever your ages, you will feel great too.

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Looking better will raise your self esteem. You will grow to like yourself more and be able to face life with new confidence. It is no exaggeration to say that Gymophobics can change your shape and your life!

.....

Training our staff

Ever wondered what training instructors receive? At Gymophobics we take training very seriously. That's why we are probably the only gym company in the UK to operate a full time training academy for our staff.

The gym instructors in the UK have received very little formal training. Even the NVQ qualifications offered by some colleges are little more than an introduction to the subject of programme planning and health and safety guidelines.

The Gymophobics staff training programme is designed to produce highly competent instructors with the knowledge, formal training and experience to ensure that members achieve results without the risks associated with ill advised exercise and

regimes. Our training academy operates 50 weeks of the year and instructors attend for weeks at a time and go back to their own gyms to study our training

manuals and DVDs and gain practical experience.

During their first twelve months

During their first twelve months instructors will also attend a variety of advanced seminars at the academy and

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take a series of ever more gruelling examinations to ensure they reach the company standards of competence.

Our training team is led by sports science graduates. Training includes anatomy, exercise physiology, nutrition, kinesiology, exercise related medical issues, weight loss and metabolism, client counselling etc. The training is ongoing and staff attend refresher seminars to top up their knowledge.

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Tributes paid to 'amazing' friend

A "WONDERFULLY gifted" publican was one of two drivers killed on the county's roads at the weekend.

Tributes have been paid to Robert Huntington, 32, who ran the Duke of

Cumberland's Head, in Clifton.

Mr Huntington died when the green Audi A4 he was driving hit a tree on the B4031 Clifton Road, between Deddington and Clifton, at

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car during the collision and was taken to the John Radcliffe Hospital in Oxford after suffering severe injuries, but died in the early hours of Sunday. Friends on social

about 11.10pm on Saturday.

He was thrown from the

networking site Facebook described Mr Huntington as a "colourful, unique, wonderfully gifted character".

Charlie Freeman wrote: 'Mate. I am numb with sadness that you are no longer here.

'I also know and take comfort from the fact that you are in a great place right now, entertaining all the crew upstairs with your glorious anecdotes and joie de vivre.

"Such a colourful, unique, wonderfully gifted character. An amazing friend, a heart of gold, a true genius. Thanks for all the great times, it has been a great honour and a pleasure having you as a friend, a bandmate, a confidante.

"You made me laugh like crazy, amazed me with your wit, intelligence and musical brilliance



McGregor

By Sam

"Such fun, such fun. Here's to the great times, you burned bright my friend brought joy and good times to so many. Take good care mate, all the very best X.

Another friend Violet Von Westenholz said: "So many amazing memories. Sitting here at work at my desk looking at pics. You are gonna be missed so so much pony. I love you so much xxxx.

Caspar Schlickum wrote: "Terrible tragedy, we will miss you and your great zest for life and everyone and thing in it. RIP."

Bruce said: "My darling darling Rob, so completely heartbroken. I will love you and miss you for ever. X"

Sunday, a motorcyclist from Steeple Aston died after his black Kawasaki ZX was involved in a collision with a red Land Rover Discovery. He has not yet been formally identified. The crash happened near Barford St Michael, on the B4031 Iron

The road was closed for almost six hours while a



Police appeal for witnesses as two die in separate weekend road crashes

collision investigation was carried out.

PC Michael Barrett is appealing for witnesses.

He said: "The Land Rover was with three other 4x4 vehicles and the motorcycle

was with two other bikes at the time of the collision."
Anyone with information

should contact police on 08458 505505 or Crimestoppers on 0800





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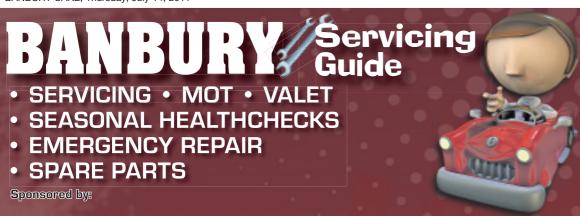
In a separate crash on Down Hill at 6.37pm. The 53-year-old man was

taken to Horton General Hospital in Banbury, where he later died.



Dashwood primary attains academy status – page 7

4 BANBURY CAKE, Thursday, July 14, 2011



Doctor committed suicide with own scalpel

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A WORLD-renowned doctor killed himself with his own scalpel, just hours after being arrested over claims he sexually molested a woman colleague at a hospital.

Professor Robert Davies, who worked at the Churchill Hospital in Oxford, lay in the back of his daughter's car and deliberately sliced through an artery so that he would bleed to death.

Just 24 hours earlier police had made a surprise late evening visit to his Oxfordshire home and led him away for questioning about the alleged sexual assault. He was released on bail without charge, although inquiries were due to continue.

Last Thursday, a coroner heard how the eminent consultant, who specialised in respiratory diseases and was described as having an 'international reputation' in medicine, used one of his own scalpels to commit suicide by cutting his groin. He was found slumped in the back footwell by passers-by who noticed the car parked at an odd angle, with its front wheels in a ditch.

Prof Davies, 49, had recently returned home to Lower Heyford, after a work-related visit to Vancouver in Canada. His widow, Penny, told the Oxfordshire coroner Nicholas Gardiner that her husband seemed 'quiet and subdued' after his arrest.

The inquest was told that on November 19 last year, Prof

Davies, of Mill Lane, Lower Heyford, dropped his son, Alex, in Oxford to catch the school bus. Mrs Davies said: "He said he was going to collect some things from the office and come back home,' she said.

The coroner heard that Prof Davies never made the journey home, instead, driving himself to a quiet country lane near his home, where he killed himself.

The inquest was told that passer-by David Brock was with his friend. Daniel Howe. when they found Prof Davies dead in the car. They said that on first inspection they couldn't see anything inside the vehicle but on a second, look, they spotted the doctor, slumped on his back in the rear of the car.

Recording a verdict of suicide, Mr Gardiner said: "I am in no doubt that he was responsible for his own death. for which he had used a scalpel. Given his profession. he had access to these instruments and knew what the effect of this injury would

Turning to Mrs Davies, Mr Gardiner added: "Your husband was well known to me and was a great assistance to me on many occasions. My deepest sympathies for your loss.

Sources said that the police investigation into the complaint of sexual assault against Prof Davies was discontinued after his death.



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Waley Cohens look to raise another £30,000 for Children's Hospital

Fundraising as a tonic for Tom

Tom Waley Cohen

Woman attacked

A 41-YEAR-old woman suffered a broken cheek bone, fractured eye socket and bruising during an attack in Banbury. She was attacked by a man in Portway as she walked home, between 2.30pm and 3pm on Friday, July 1

Police, who have described the incident as 'isolated' have appealed for witnesses.

Anyone with any information about this incident should contact Det Con Joseph Stevenson on 0845 8 505 505

Alternatively, contact the Crimestoppers charity anonymously on 0800 555 111.

By Sam McGregor

A FUNDRAISING project with a royal connection has been launched for Oxford Children's Hospital.

The Waley Cohen family – including Cheltenham Gold Cup-winning jockey Sam – has already raised more than £1m to name a ward in memory of Tom Waley Cohen, who died in 2004, aged 19.

Now his older brother, Marcus Waley Cohen, hopes to raise another £30,000 for specialist equipment and to help quell youngsters' nerves as they wait for surgery. The entrepreneur is using his natural energy drinks company Firefly Tonics to raise the cash. He said: "As a family we really wanted

He said: "As a family we really wanted to raise money in Tom's memory and to help the Oxford Children's Hospital to create a world-class centre for other sick children."

Tom, from Edgehill, was diagnosed with the rare bone cancer Ewing's sarcoma in his left leg at the age of ten. Tom's Ward at the unit is named in his memory.

The Firefly Tonics range has launched a new tangerine and lime flavoured drink, called Step Up, which will feature an image called KIDS created by artist Michael Craig-Martin for the atrium of the hospital. Ten pence from every £1.49 bottle sold will go towards decorating the

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walls connecting the children's wards with the operating theatres, and towards buying specialist medical equipment.

In 2008 Marcus's brother Sam Waley Cohen, who rode to success in January's Cheltenham Gold Cup, helped raise £50,000 for the Oxford Children's Hospital. He was helped to organise a roller disco at the Renaissance Rooms in London, by Kate Middleton, now Duchess of Cambridge.

Marcus added: "We're all very proud of our involvement in Tom's Ward and in the KIDS image project for the atrium. With the hospital we've put together a plan to transform the corridor that takes children from the wards to theatre. When it's complete, the blank hospital walls will have been transformed into an amazing visual journey that will help to distract children during this very stressful time.

"We hope this will be the first of many projects we can work with the hospital on."
Andrew House, head of major gifts at the ORH, added: "This is such an innovative fundraising idea, which combines Marcus's passion for his business with his very genuine support of the children's hospital. Over the years Marcus and his family have raised over £1m for the children's hospital. We are incredibly grateful for all they do."

Follow the 'Step Up' campaign at fireflytonics.com/chox. To help even more text 'CHOX' to 70099* to donate £1 to the Oxford Children's Hospital.

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Incinerator will be built at Ardley after legal challenge fails

Campaigners lose incinerator fight

By Sam McGregor

A CONTROVERSIAL incinerator will be built in Oxfordshire after campaigners lost a last-ditch attempt to halt the plan.

The incinerator at Ardley could now be up and running in three years and will be Oxfordshire's

The campaigners' £50,000 legal bid to block the incinerator was thrown out by the High Court. The group was also landed with the Government's £10,000 legal

Members of Ardlev Against the Incinerator (AAI) said they were

Residents and local businesses raised thousands to take Secretary of State Eric Pickles to the appeal court over his decision to allow waste firm Viridor to build the 300,000 tonne incinerator at Ardley.

They had asked the London court to quash Mr Pickles' decision and order the Secretary of State to reconsider the matter.

The group claimed the proposed incinerator was much bigger than needed to meet Oxfordshire's needs, would be an eyesore in the countryside and would have emissions which could damage human and animal health. They argued the Secretary of State was wrong in law in granting permission to operator Viridor Waste

Management. But Deputy Judge Howell QC ruled Mr Pickles was entitled to grant permission and said there were 'fundamental defects' in the campaigners' case.

AAI chairman Jon O'Neill said: "Today was not the decision we wanted, but that's part of the risk of going to court. We are pleased we were able to get there and were able to push this as far as we could."

He said the group would consider its options.

Mr O'Neill said the £10,000 legal costs had already been lodged with the court.

Oxfordshire County Council, which says the burner is needed



Jon O'Neill of AAI

to avoid hefty landfill taxes, welcomed the court's 'common sense' decision. Its cabinet member for growth and

infrastructure, Lorraine Lindsay-Gale, said: "We hope that Ardley Against the Incinerator will now accept this decision and not cause any further unnecessary delay and expense

She said it had been a matter of 'strong public interest' that the issue had been resolved as quickly as possible so the project could move forward.

Viridor's project manager Robert Ryan said: "We are pleased with the judgement and look forward to progressing the project.

In his judgement, Deputy Judge Howell QC said: "The Secretary of State had made a clear finding that in his view human health would not be endangered and the environment would not be harmed."

The group can take the decision to the Court of Appeal, but it is an expensive process.

Viridor said once a notice to proceed had been issued by the county council it would start the project. The waste firm hopes to open the incinerator in 2014.



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First county primary school to achieve academy status

Dashwood paves the way

By Liam Sloan

FOUR Oxfordshire schools with more than 4,500 pupils between them have been given the goahead to convert to academies as early as September.

If all agree funding arrangements with the Department for Education (DfE), it would more than double the number of academies in the county

The Banbury Dashwood Schools Federation, which is made up of the 1,440-pupil Banbury School and 200-pupil Dashwood School, has won Government backing to become an academy, making Dashwood the first primary school in Oxfordshire to get the status.

The DfE has also backed 1,500-pupil Wallingford School and 1,800-pupil King Alfred's in Wantage, to convert.

Academies are free from local authority control and are funded directly by Whitehall, giving headteachers far more control over their budget, staff and curriculum.

All four schools will fix final conversion dates once they have agreed funding arrangements with the DfE, but are aiming to become academies by September.

Banbury and Dashwood schools became formerly federated with a single board of governors and executive head in September 2009, already credited with improving leadership and management.



Working in the widlife area year three pupils, left to right: Sylwia Wyzga, Katie Andrews, Joy Odour, Jack Badby, inset, headteacher Vicki McLean

Executive head Fiona Hammans said academy status gave even more autonomy and

independence.
She said: "We are in the north of the county and long way from county council offices.

'Whilst we have no bugbear with the local authority, this is about us being able to make timely decisions for our pupils and students in Banbury.

"If we wanted the change the National Curriculum for a particular year group, for example, we could do it.

"We can really look at our

youngsters and see what they really need. The National Curriculum has been prescribed for schools for so long, this is really exciting in giving us the freedom to think about what our youngsters should and could do."

Dashwood headteacher Vicki McLean said it could be worth up to another £50,000 a year to Dashwood in money redirected from the local authority directly to the school.

Wallingford School head Wyll Willis said: "It gives the freedom to be able to make our own decisions.

"I will not be worried about the education authority's strategic planning or some operational activity, because I will not have to engage with it if

"We can buy the best services we can get for our money, rather than take what is offered by one organisation.

At King Alfred's, head Simon Spiers said: "Our governors are continuing cautiously towards a conversion date of August 1.

"All the groundwork has been done but we are awaiting news of the funding agreement before we finally commit."

Oxfordshire's three existing academies – North Oxfordshire, Oxford and Oxford Spires were all set up to replace secondary schools with low attainment

The Coalition Government wants successful schools to

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Banbury had been changed, and clearly at least

one person had not been informed.
"Where are the signs?" he shouted, "Where are the signs?

I am from Newcastle upon Tyne and I have seen some aggrieved motorists in my time, but Banbury, this takes the biscuit. What's more, I think the old guy had a point, I looked around and I couldn't see any signs either.

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News in brief

FOUR teenagers, two aged 15 and two aged 16, have been arrested in connection with an arson which destroyed a barn at Warriner School in the early hours of last Tuesday morning. The community farm is used by 4,000 school children in the north Oxfordshire area.

HARDWICK and Ruscote were "blitzed" by council cleaning staff this week. Cherwell District Council says it went "above and beyond" regular cleaning to remove litter and graffiti and tackle fly tipping and dog fouling. Lead council member for environment James Macnamara said: "Residents regularly tell us that having clean streets is at the top of their list of priorities. "Whilst our street cleaners pay

"Whilst our street cleaners pay regular visits to all parts of the district, areas sometimes need a little extra attention." For information or to report a street contact

customer.service@cherwell-dc.gov.uk or call 01295 221940.

BANBURY MP Tony Baldry earned more than £200,000 from outside interests in the past year, it was reported. According to Parliamentary disclosures, reported in *The Sunday Times*, Mr Baldry made the money from directorships and legal work. The Conservative was one of five MPs who earned more than £200,000, a list headed by former Prime Minister Gordon Brown.

UP AND coming bands are being invited to take to the stage at Banbury Folk Club as the group host open stage night on Wednesday, July 20, from 8.30pm. Compere for the evening is Dave Fry, who is well known in the folk music scene and is a regular at clubs and festivals. Taking place at Millers Bar, at the Mill Arts Centre Spiceball Park, Banbury, tickets cost £6, with concessions £5. For more information view banburyfolkclub.co.uk

BANBURY-based Longmoor Security, which supplies personnel for risk management, close protection work and training, has appointed Major Keith Wright as its new chief operating officer to head up its worldwide operations. Major Wright, who had a 34-year career with the UK Special Forces, is an expert in organising and leading worldwide close protection and counter-terrorist training tasks. He said: "Having spent most of my life working with elite units I am delighted to be now joining what I believe to be an elite company operating within the security industry."

PEOPLE can try a sport free as the countdown to the Olympics continues. Sports including swimming, badminton, basketball and squash, are among the activities available at Spiceball Leisure Centre, Banbury, Kidlington and Gosford Leisure Centre, and Bicester Leisure Centre, Queens Avenue, on Saturday, July 23, between 10am and 4pm. There will also be a similar event at Wood Green Leisure Centre, Banbury, at the same time on Sunday, July 24.

CHILDREN'S respite charity Rosy, Respite Nursing for Oxfordshire's Sick Youngsters, raised more than £1,500 selling glow-in-the-dark wrist bands and a raffle to win a VW camper for a weekend, at last weekend's Cornbury Festival. Elizabeth Smith from Oxford was the winner.

Local chefs to the fore at national curry competition

A CURRY chef from Bicester has been named the first winner of the UK Indian Chef Competition with a spicy menu to wow the tastebuds.

Arzoo Miah, of Arzoo restaurant, in Market Square, picked up the king of the kormas crown after two hours in the kitchen at Oxford and Cherwell Valley College (OCVC).

The competition's founder, Muhammed Ali, head chef of Karma

restaurant in Oxford Road, had previously won the International Indian Chef of the Year Competition in Bangladesh.

Mr Miah, pictured right, won a trophy, £500 and the right to represent the UK at the International Indian Chef of the Year Competition next year.

Four of the finalists were from Oxfordshire, including Abdul Karim, from Purple Mango in Banbury.



Surgical equipment left inside patient

TWO pieces of surgical equipment were left inside a patient at an Oxfordshire hospital, it has been revealed

has been revealed. The tips of Johan grasping forceps, measuring 3.5cm long by 5cm wide with a thickness of 2mm, fell off.

The unnamed patient was admitted to an Oxford Radcliffe Hospitals NHS Trust hospital for a surgical procedure in January.

The trust refused to release the age and gender of the patient, what the operation was for and where it took place, on the grounds of confidentiality.

A trust spokesman said: "A small remnant of a surgical instrument was left in the patient and it was found immediately post operatively. Theatre staff realised a small part of the instrument had broken off and was missing. The patient was taken back to theatre and has since made a full recovery. The patient has been kept fully informed about what happened."

The trust, which runs the John Radcliffe and Churchill hospitals in Oxford and Horton Hospital in Banbury, said it undertook a "full investigation".

"No staff have been disciplined following the event, however, some policies and guidelines have been amended and additional training provided."

A post-operation check-list now features a 'check of instrument integrity' and its swab

policy had been amended it said.

The incident was the only 'never event' recorded in the county last year. These are 'serious, largely preventable patient safety incidents that should not occur if the available preventative measures have been implemented'.

Peter Walsh, chief executive of the Action against Medical Accidents campaign group, said: "It would appear that the trust acted entirely appropriately. Avoiding this is relatively easy by following standard checks. This one is rather unusual as it is not a 'forgotten' instrument left inside, but a faulty piece of equipment broken off.

"It is reassuring that this was identified immediately and remedial action taken."

Easier train tickets with new smartphone app

BUYING train tickets has just got easier for Chiltern Railways passengers after the rail operator launched a smartphone 'app'. Initially, the application was for iPhone,

Initially, the application was for 1Phone, BlackBerry, Nokia, Samsung and Sony Ericsson, but an android application is now available.

The free mobile application provides

passengers with details of the cheapest prices and train times, and then delivers the ticket as a 2D barcode on the phone.

Special scanners are also placed on gates at stations to enable passengers to 'touch in' and 'touch out' of stations using their phones.

Marketing director Thomas Ableman said:

"We are proud to have developed this industry first that makes ticketing faster at a time when we're also doing the same to our trains through the work we are doing to create the Chiltern Mainline thereby reducing journey times."

To get the application text 'Chiltern' to

Grimsbury youngsters' teething troubles

'We won't brush this off'

By Amanda Williams

HEALTH chiefs admitted they were a long way from solving the problem of poor dental health for youngsters in the Grimsbury, Banbury and Blackbird Leys, Oxford, estates.

In May, it was revealed that only 46 per cent of children on the Blackbird Leys estate, and 44 per cent of youngsters on the Grimsbury estate, in Banbury, regularly got their teeth checked out.

out.
Children on the Leys were also more likely to have decayed, missing or filled teeth.

Across the county, around 72 per cent of Oxfordshire's under 16-year-olds get their teeth checked out every two years.

And, at a meeting of Oxfordshire's joint health overview and scrutiny committee last week, it emerged some children living in the areas did not even own their own toothbrush.

Nicky Wadely, deputy head of NHS Oxfordshire's Primary Care Contracted Services, said: "This is only the tip of the iceberg.

"In terms of achievement, it is not a time when we can say we have actually achieved our goal yet by any measure of means.

"The PCT will continue to develop oral health initiatives for children as part of the dental commissioning strategy and monitoring the number of children accessing NHS dental services in Oxfordshire with the aim of improving the oral health of children and young people in Oxfordshire."

She said NHS Oxfordshire had

She said NHS Oxfordshire had commissioned a number of projects to improve oral health, particularly for children in deprived areas of the county, such as the OX4, which includes Blackbird Leys, and OX16, covering Grimsbury.

covering Grimsbury.

The teeth of more than 200 children have been painted with fluoride varnish in schools in parts of Oxford and Banbury with the highest number of missing or decayed teeth.

Over 2,000 Brushing for Life packs have been given out by health visitors to children, some of whom did not own their own toothbrush.

Meanwhile, children's centre staff have been trained to provide oral health promotion and healthy eating advice to families in the area.

According to latest figures for the county, 545 children's teeth had become so rotten it was necessary for one or more to be extracted under general anaesthetic.

Of that number, 218 of the children lived in the OX3, OX4

and OX16 postcode areas.

Susanna Pressel, who represents Oxford's Jericho and Osney wards on Oxford City Council, said she was sure the primary care trust was doing some 'wonderful work', but the figures were not good enough.

She said: "I have estimated there must be something like 27,000 children living in these areas

"If only 46 per cent of them are seeing a dentist that is terrible."

Leys county councillor Val Smith said: "There are a lot of very young families who themselves maybe haven't had good access to dental care." She added: "It depends on

She added: "It depends on mother being responsible and taking their children to the dentist."

NHS dental care is subsidised and free for under 18s.

There are three price bands for

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ChipsAway supports Help for Heroes

David Litchfield of ChipsAway END in Banbury is set to embark upon a charitable challenge to raise funds for Help for Heroes.

David will be taking part in a sponsored Sky Dive in August. "The Sky Dive was a Birthday Present from my wife Nikki and we thought it would be great to use it to raise money for such a worth while charity! We are passionate about raising money and you will see us with our collection buckets and selling our wrist bands at all our Promotions!"

The event is part of a national campaign by leading repairer of automotive paintwork ChipsAway to raise tens of thousands of pounds for its chosen charity.

"Help for Heroes is a really great cause and is so important at the moment," said David. "The Sky Dive will be an excellent way to have fun and raise money for a good cause at the same time. I hope as many people as possible turn up to support me!"

Help for Heroes raises money to support members of the Armed Forces who have been wounded in the service of their country, providing direct practical support to servicemen and women, and their families.

Other events going on in the ChipsAway network nationwide include wearing wellies filled with jelly for the day, five-a-side football, sponsored swims, runs and charity auctions.

ChipsAway is the UK's leading repairer of minor damage to automotive paintwork, travelling to customers' premises in fully equipped mobile workshops to complete top quality repairs 'onthe-spot', within a matter of hours and at a fraction of the cost of traditional body shop methods.

Please help ChipsAway END raise as much money as possible by sponsoring/ donating to this worthwhile cause.

Please help us to raise our £1000 target for Help the Heroes.

Donations can be made to ChipsAway END. For further information on Help for Heroes visit www.helpforheroes.org.uk or for ChipsAway END Sky Dive fund raising www. bmycharity.com/chipsawayskydive or www.justgiving.com/chipsawayskydive



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FROM RUSSIA WITH LOVE Tall, dark haired Russian girl, 26, looking for a professional gent for romance and friendship. Oxford area. **Box 110573 E**

HOPEFULLY YOURS Voluptuous female, 31, short hair, seeking a nice, good looking, fun guy, 24-57 for laughter and romance. Swindon. **Box 104678**

ENDLESS POSSIBILITIES Cuddly curvy female, 37, 5'7", dark hair, few tattoos, down to earth & loving, likes nights out, cooking, camping, wltm easygoing guy, 37-50 for love & romance. Chippenham Box 104713 L

MAKING MY DREAMS COME TRUE Down to earth, caring female, 37, new to area, from Trowbridge, likes nights in and out, cosy times in, beach walks, searching for my soul mate. Box 108629 E

JOIN HANDS Sweet Swindon single mum, 38, loves reading, cinema, din-ing and more, looking for friends and maybe someone special. Box 104988 E

LOVE SONNETS Slim, educated enjoys the arts, travel and literature searching for a solvent, educated gent, 40-60, 5'7"+, for friendship and maybe more. **Box 111110**

NOTHING MORE TO ASK FOR 43 yr old short haired lady, medium build, Wallingford based, loves family life, animals, keeping fit, gardening, cooking, driving, seeks honest, carcooking, driving, seeks honest, ing man for tlc. Box 107602 L

SOUND GOOD? Fun, curvy female, 42, brunette, green eyes, looking fi genuine, loving guy. I am caring pe son with gsoh. Likes dining in and out animals. Box 852093

HEADLINE NEWS Divorced single mum, 44, enjoys cinema, going out, family life, reading, seeks friendly, understanding guy for friendship, leading to more. Kidlington Box 100212 F. 100212 E

GIVE ME A CHANCE Divorced single mum, 42, seeking a genuine man, possibly a single dad, for friendship, maybe love. I like walking, cinema, socialising and eating out. socialising and eating out. Kidlington Box 456628 E

HOPEFULLY ROMANCE Lively, black norefull RUMANCE Lively, black feeding, 45, 5'6", cuddly, enjoys reading, animals, walks in the park, seeks sincere, caring man, 45-55 fc company and more. Oxford. Box 104150 E

CHAT'S ENTERTAINMENT Nice, chatty female, 45, enjoys playing/watching sports, country pubs, walks, travel, seeks understanding man, for good times and more. Swindon Box 100374 E

THE GOOD THINGS Blue-eyed Swindon girl, 46, 5'2", brown hair, working, drives, likes socialising, pubs, clubs and more, searching for a loving man, for a happy life. Get in touch. Box 110179 E

SOMEWHERE OUT THERE Bubbly female, 47, brown hair, blue eyes, from Swindon, likes music, sports socialising with friends, seeks sin

cere male, for good company & more. Box 106707 € FOR HAPPINESS Loving, single mum Marlborough. Box 104800 E

47, blonde, brown eyes, gsoh, from Swindon, looking for my soul mate, 47-55 to settle down with. **Box 107530 E** Toysot Smooth MoVE Slim, blue-eyed Trowbridge female, 47, 5'2", GSOH, easy to get on with, enjoys nights out, walks and more, searching for an honest, active, interesting man. Box 109958 E

OUR MOMENT Lovely, hardworking, petite woman, 47, likes socialising, city pubs, eating out, seeks similar guy, for fun, laughter & hopefully more. Oxford. Box 102616 E 465651 **L**

NEW DIRECTION Swindon girl, 48, 5'5", med build, blonde, enjoys travel, skiing, town life and socialising, searching for an equally interesting man. Box 108306 E

SHARING THE GOOD TIMES Cheerful female, 48, blonde, hazel eyes, medi-um build, live & work in Swindon, enjoys travelling, dining in & out, wltm spontaneous guy, for good times. **Box 101568**

PARADISE AWAY Divorced lady, 52. likes cooking, animals, socialising, seeks a sincere gent, to settle down with. Bicester. **Box 105374**

SIMPLY THE BEST Kind, loving, caring attentive lady, 50, seeks genuine, humorous, adventurous, loving romantic male, 48-55, 6'+, for friend-ship & relationship. Bicester. Box 818936 E

I'LL TREAT YOU RIGHT Separated female, 53, gsoh, likes going out, socialising, music, seeks friendly male, 38-48 for good times and more. Swindon. Box 104377 ₺

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SHALL WE DANCE? Blonde, blueeyed Swindon girl, 54, friendly nature, well-travelled and loyal lover of life, searching for an active, educated man, who appreciates, food, wine and life in general. Box 110895 E

MADE TO BE WITH YOU Recently separated lady, 54, seeks a N/S independent man, 40-55 to settle down with. Faringdon. Box 104887 ▶

ANIMAL LOVER Looking for TLC, I'm a 52yr old lady, 5ft5, medium build, I like animals, pubs, gardening, WLTM honest, down-2-earth, like-minded nt, 50-59, for happiness. Devizes gent, 50-59, 101 Box 465391 E

THAT SPECIAL PERSON Honest, bubbly female, 54,, kind, loving, seeks tall male, for romance, companionship & lots more. Bicester. Box 110670 **L**

TAKE A WALK WITH ME Young at heart lady, 54, I enjoy walking, eating out and socialising, and I'd love to eet a similar gent. Abingdon. **Во**х 468119 E

JUST THE TWO OF US Separated, slim, smart, attractive lady, mid-50s, young at heart, likes meals out, dogs, rith me in life. Marlborough. Box 463351 ₺

STAY FOREVER Divorced Wiltshire female, 56, 5'6", caring, loving and romantic, loves bowling, beach walks and looking at the stars, seeks an affectionate control to characteristics. affectionate gent, to share interests and a social drink. Box 109949 E

COULD BE YOURS Sincere female, 56 likes evenings in & out, cosy times in, seeks easygoing male, 40-57 for enjoy good times together.

STILL WATERS Caring, friendly
Melksham lady, 56, divorced, pleasant nature, enjoys cinema, bingo and
weekends away, looking for a familyminded man, who is sociable and
honest. Box 108845 £

LOOKING TO START AGAIN Non smoking petite lady, 55, seeking non-smoking man who's not overweight, and likes pubs, restaurants d quiet drives. Wantage. Box

FEEL FREE Bubbly woman, 58, divorced, active and down to earth, searching for a nice Wiltshire man, for a loving relationship. **Box** 111201 **E**

COUNTRY LADY Sporty lady, 58, widowed with grown up family. Enjoys walking her 2 dogs and playing bowls for a local team. Seeks similar gent for friendship and romance. Box 100171 E

NICE COMPANY Attractive female, 58, 5'6", size 12, no ties, N/S, enjoys socialising, travelling, seeks smart guy with no ties, to enjoy life with. Bicester. Box 100589

SO HAPPY TOGETHER Loving female 58, 5'4", short hair, wears glasses, looking for a long term relationship with a like minded gent, who eniove with a like minded gent, who enjoys the simple things. Bicester. **Box** 102344

COULD IT BE YOU? Loval female. young 57, 5'6", brunette, glasses, easy-going, sociable, likes darts, gar-dening, music, looking for a man 50-59 for friendship and romance. Trowbridge Box 464290 ₺

HAND IN HAND Widow lady, 59 works part-time, enjoys socialising, meeting new people, country walks, holidays, seeks placid gent to enjoy laughter and more. Witney **Box**

A TRUE FRIEND Separated, easygoing female, 59, likes cooking, evenings in/out, seeks friendly male, to enjo life with. Witney. **Box 100451 E**

GENUINE AND CARING Widow, 50s, 5ft6, slender build. I'm social, caring and well travelled, and WLTM genuine, professional guy, a non-smoker, for friendship, maybe LTR. Bicester area. Box 466487

OUTGOING & ENTHUSIASTIC?
Oxfordshire widow, 58, slender, 5ft6, dark hair, sociable and caring, well travelled, attractive, seeking guy who's caring, professional and considerate. Box 467516

COMBINE WITH ME Genuine female, 59, 5'11", gsoh, Witney based, seeks loving, caring male, for love and romance. Box 107785

Petite woman, 60, Oxford based, looking for a new special friend, for activities and possibly more. Box 108618 E LOOKING FORWARD WITH YOU

GREAT EXPECTATIONS Widow lady 60, from Witney, enjoys theatre, family life, holidays, seeks genuine gent, for good times and more. **Box** for good 107425

STRICTLY BALLROOM Dance-loving lady, 60, 5'6", searching for a man, 5'10"+, N/S, who can jive, for friendship and ballroom dancing. Box 111203 L

FUN TO BE WITH Attractive lady, 5'2". 58, very social and enjoys nights out and in, weekends away looking for a man with a gsoh who is fun. Box 458867 **L**

LIFE GOES ON! Hardworking, fun female, 60, likes reading, walking, cycling, wltm nice, decent, honest chap, for friendship leading to more. Oxford. Box 101289 E

CARELESS WHISPER Active, attractive lady, 61, enjoys National Trust, gar-dening, music, eating out, seeks tall, kind man, for companionship & more. Witney. **Box 105219**

SOCIABLE SORT I'm looking for a sociable man with an active lifestyle for a LTR. I'm 59, tall and blonde, I lening.

NEW IN TOWN Easygoing, slim woman, 64, 5'6", blonde, likes jazz, live shows, reading and walks, seeks down-2-earth male, for genuine friendship and more. Box 100721 E

FINALLY YOU'VE FOUND ME
Divorced, recently retired lady, 64,
N/S, likes walking, reading, cinema,
action movies, 60s music, seeks sim
ple gent, to enjoy good times.
Oxford. Box 101791 E

FACH DAY IS A NEW ONE Widow lady 64, brown hair, blue/grey eyes, likes walking, reading, watching films, family life, gardening, seeks nice gent, for ltr. Witney Box 105525

HIT THE JACKPOT! Retired banbury widow, 65, looking to change life and share a laugh, loves gardening, ballroom and music, searching for a caring, professional chap, similar age for company and romance. Box 111263 E

SEE YOU SMILE Slim, attractive Witney female, 66, 5'6", dark hair/hazel eyes, creative and inter-esting, searching for an active, arty, music-loving man, to share a few smiles and creative moments. Box 110882

A WONDERFUL LIFE Retired teacher. A WUNDERFUL LIFE Retired teacher, 66, 5'6", dark hair with hazel eyes, slim, from Witney, loves the arts, baltroom dancing, walking my dogs, wltm warm hearted gent. Box 110189

HEADLINE NEWS Happy, healthy, intelligent woman, 66, 5'7", N/S, from Devizes, enjoys gardening, the atre, cinema, holiday and generally nice times. Box 105353

DOWN TO EARTH Happy-go-lucky female, young 67, slim/medium build, love walking, cooking, garden-ing, kisses and cuddles, looking for a non-smoking, clean-shaven man, 59non-smoking, clean-shaven man, 5 65, for a relationship. Swindon Boy 454288 **L**

LOOKING TO START AGAIN Mature lady, non-smoker, 5ft4, cuddly build (size 20). WLTM nice, caring, decent man for friendship at first. I like cats and enjoy history and gardening. Swindon. Box 466370

FOLLOW YOUR HEART Widow lady, 70, grown up children, still working, loves animals, wltm decent chap, 55-70 for friendship & romance. Trowbridge. Box 104910 E

GREAT COMPANIONS Widow lady, 71, likes animals, music, theatre, witm easygoing gent, 60-70 for com-panionship maybe more. Box 104917 E

TAKE IT FROM ME Slim, happy, healthy, intelligent lady, 71, divorced, searching for a similar man, for friendship and company. Must love dogs. Oxford. Box 111209

FLOW WITH JOY Attractive lady, 71 the De With, tikes having a laugh, theatre, holidays, generally socialising, seeks similar chap for companionship. Witney Box 100184

MY SIMPLE WISH Sincere female, 76, from Faringdon, likes gardening, walking, cinema, holidays, cooki wltm gent 68-70. **Box 109439 E**

DESTINATION HAPPINESS Lady 76, likes animals, walking, holidays, seeks sincere gent, to enjoy these good times with. Faringdon Box 105561

COUPLE UP WITH ME Retired nurse, 76, likes reading, countryside, pub lunches, seeks sincere chap, 70+ for true happiness. Οχίστο. Βοχ 104960



ARE YOU THE ONE Easygoing female 39, 5'6" brunette living in Devizes, thoughtful, caring, affectionate & young at heart, with like minded lady, for friendship/committed relationship. Box 107470 E

HOPE THIS WORKS Cherishing lady, 44, great personality, enjoys holidays and going out, seeks special times in a permanent relationship. Box 851817 ₺

NOTHING VENTURED... Lady, 49, 5'5", blonde nurse, seeks similar lady, 44-52 for socialising and fun. I enjoy many things in life in live in the Oxford area. Box 859689 L

THAT'S THE SPIRIT Green-eyed girl, young 51, 5'7", seeks a loving lady, 45-55 ish, looks and status not important, to share honesty and sense of adventure. Box 101750 E ET'S LIVE Friendly, sociable woman, 66, looking for female company, for days out, activities and friendship. Oxford. **Box 100515**

met IOUETHER Sincere male, 5'9", medium build, likes social drinks, watching films and life in general, looking for a similar lady, for friendship and more. Abingdon. Box 100723 E

HOPE FOR US Youthful, blue-eyed male, 46, enjoys the gym and good times, searching for a nice, honest woman. Oxford. **Box 100657** COMING UP EASY Oxford male, 46. 6'1", driver, seeking an honest female friends, for chats, company

Men seeking women

cycling, walking, travelling, seeks laid back female, for good times and

CARING SORT Sociable guy, 39, 5'9", medium build. Very caring with GSOH. Hobbies include watching football and playing golf. Seeks slim to medium female/single mum. Box 100151

PLENTY OF TLC Loving male, 39, 5'7", usual interests, from Didcot, looking

for love and romance. Box 111253 E

SWEET DREAMS Blond, blue-eyed, outgoing Abingdon male, 39, 5'10", enjoys walks, travel, heavy metal and more, searching for a lively girl, to

share conversation, friendship a whole lot more. **Box 111572**

MORE LOVE Talkative, lively
Abingdon male, 39, blond/blue,
5'10', N/S, into rock music, travel,
looking for a lifetime partner, to
share a great relationship. Box
110386 E

HEART 2 HEART Sporty, active male, 39, tall with dark hair, own house/car likes socialising, theatre, social drinks wirm warm hearted woman.

PERFECTLY MATCHED Honest, sporty

renerally MAICHED Honest, sport single dad, 40, 5'9", likes to enjoy life to the full, from Woodstock, seeks good natured female, for fun, laughter and more. Box 106584 &

MAKE A REAL FRIEND Down to earth

male, 41, enjoys holidays, socialisin sports & much more, seeking a nice female, for fun times ahead. Box

THE BRIGHTEST STAR Smartly dressed chap, 42, 6′, stocky build, lives in Oxford, likes dining in 6 out, keeping fit, seeks smart dressed lady, for ltr. Box 106368 £

SOMEONE TO CLICK WITH Honest

genuine N/S guy, 42, 6'1", medium build, no ties, lives in Swindon, likes

theatre, bowling, meals out, seeks single female, for ltr. Box 107035 E

ENJOY GOOD COMPANY Honest male, 43, 6'3", stocky build, gooh, enjoys sports, travel, cosy times in, social drinks, seeks fun loving female, for happier times. Oxford. Box 101716 E

LOOK NO FURTHER Upbeat male.

43, 5'6", blue eyes, wears glasses, many interest, looking for a lady counterpart, for good company. **Box**

MAKE FRIENDS Mixed-race male, 43,

THE LONG RUN Mixed-race male, 43,

smoker, no ties, searching for a like minded woman, 35-45, no ties, for nights out and friendship. Oxford. Box 102570 E

SO GOOD TOGETHER Easygoing male, 45, 6'2", medium build, N/D, likes cinema, meals out, seeks understanding female, for good times leading to more. Banbury. Box 102913

PART OF YOUR WORLD Genuine male, 45, single dad, likes weekends away, family life, socialising, looking for a outgoing female, for fun, friendship and more. Newbury. Box 103015 t

WE CAN BE HAPPY Fun male 44

likes meals out, keeping fit, week-ends away, 5ft9in, seeking friend-ship maybe more with someone s cial. Banbury. Box 854670 E

TIME TOGETHER Sincere male 5'9"

smoker, not employed, usual inter ests, seeking a female, 35-45, for lasting relationship. Oxford. Box 101526 E

101121 ₺

105558 **L**

for LTR. Oxford. Box 101832

WE COULD BE GOOD TOGETHER

back female, for good times an more. Swindon. Box 100773 E

100151

HELLO Mature male, 46, 5ft11. medi um-stocky build, likes eating in/out, walking, sports, lots of fun! Seeking homely girl for TLC and more. Abingdon. Box 462105

GOOD TO MEET YOU Young at heart optimistic 48yr old, 6'3", own busi ness, likes keep fit, cinema, eating out, walking, seeks slim, tall blonde 40-48, for LTR. Oxford. Box 101931 E

SHARE AS A COUPLE Ouiet-natured Oxfordshire male 48 searching for a lady, to share night out, pubs and company. Box 110748 ₺

GIVE LOVE A TRY Hardworking male, 49, 5'7", brown hair, own flat, likes socialising, cooking, nights in, seeks nice, young lady for friendship leading to more. Oxford Box 100302 E

MORE IN TIME Friendly male, 50, 5'5", blue eyes, works with horse seeking a loving female, 40-60 to settle down with. Box 104741 b

RELAXING TIMES Friendly chap, 55, 5'8", likes cooking, walking my dogs, cinema, swimming, car boot sales, looking for a kind lady, 45-60 to share interests together. Box 104425 **E**

LOOKING FOR A CHANGE Easygoing male, 55, 5'7", from Wallingford, likes cinema, keeping fit, gardening, walking, seeks kind, honest lady, 45 60 to share life with. Box 106767 ₺

MAYBE THIS TIME Affectionate male. 55, 5'7", likes walking my dogs, keep fit, swimming, cinema, martial arts, witm caring, genuine lady, 40-60 for love and happiness. Box 100413 t

SOMEONE TO CUDDLE Laid back male, 56, own house, builder, no ties, likes playing darts, evening out, music, seeks affectionate female, for LTR. Didcot. Box 102263 E

HAND ON YOUR HEART Young gent, 56, tall, medium build & attractive, own house/car, likes walking, swimming, dancing, days out, travelling, nights in, seeks attractive lady, 48-55. Witney. Box 102720

ON THE CARDS Creative, professional male, 57, 5'11", likes gardening, cooking, painting and France, search-ing for a N/S woman, for friendship and log-term love. Witney/Oxon. Box 102553 E

LIFE'S WHAT WE MAKE IT Fit, healthy, lively, educated chap, 64, 6', enjoys theatre, cooking, garden ing, walking, holidays, wltm lively lady, 55-65 to enjoy life with. Oxford. Box 103555 E

KINDRED SPIRITS Presentable, educated chap, 64, enjoys the arts, history, places of interest, exploring towns/countryside on foot, wltm attractive, vivacious lady. Oxford. Box 101058 £ LOOKING FOR LTR Honest, loyal,

active & solvent North Oxfordshire gent, 65, 5'9", own home/car, likes music, eating out, holidays, finance & business matters, wltm feminine, loving lady with own car. Box LOTS OF AFFECTION TO GIVE Active.

fit male, 65, likes walking, gardening holidays, DIY, theatre, keep fit, dining in & out, cooking, wltm active, friendly lady, to Henley, Box 102846 ₺ MAGIC MOMENTS Widowed gent, 65, likes good food & wine, cooking,

sports, animals, cars, witm country lady, for a lasting relationship.

Aylesbury. Box 102331 E FISHING FOR A DREAM Genuine

FISHING FOR A DREAM Genuine, loyal solvent male, 65, seeks an attractive & happy lady, 52-64 to explore interesting times together, hopefully leading to a long term relationship. North Oxfordshire. Box 10.498 104998 DANCE ALL NIGHT Honest trustwor

thy guy, 65, gsoh, from Oxford, likes sold drinks, dancing, looking for a partner with similar interest. **Box** 106349 E MAGIC MOMENTS Retired widower

find the many steries who we, 66, 6', medium build, reliable & trustworthy, likes gardening, animals, playing golf, home life, seeks lady, 55-65. Aylesbury **Box 105892**

OPEN YOUR HEART Cheerful male, 68, 5'6", slim build, gsoh, likes sports, walks, animals, seeks decent lady, 55-70 to settle down with. Banbury. Box 104901 t

MADE FOR EACH OTHER Happy go lucky male, 69, from Oxford, likes cosy times in, chatting & more, seeks honest female, for company leading to romance. Box 106551

SOUL TO SOUL Divorced, active male, 76, looks younger, 5'6", enjoys pubs meals, car boot sales, crossword, wltm charming female, to share quality times. Oxford. Box 100937 E

MY SIMPLE WISH Retired farmer, 82 widower, likes country walks, paint-ing, antique fairs, wltm warm, affectionate, slender lady, 70-75 for a permanent relationship. Banbury. permanent re Box 105516



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male, 52, 6', well dressed, divorcee from Oxford, likes nights out, conve lar female. Box 106745 E SIMPLE COMPANIONSHIP Down to

earth single dad, 53, looking for a loving, sincere, caring female, 39-55 to settle down with. Abingdon. **Box** 104484 E SERIOUS PARTNERSHIP Confident, honest, upbeat father, 5'6", seeks

caring, loving, understanding female, 33-55 for a long term relationship. Abingdon. **Box 104583** IN IT FOR THE LONG RUN Genuine bloke, 53, from Didcot, happy go lucky person, looking for a young at heart lady to enjoy life with. Box 111665 E

LOVE THE COMPANY Down to earth male, 54, 5'10", gsoh, many interest, seeks female, 35-60 any race, for fun, laughter and more. Banbury. Box 104545 t

MAKING IT HAPPEN Laid back male, 55, 5'7", muscular build, looking for a fun female, 40-60 for fun, laughter & more. Reading. Box 104111 E

SOUL MATE WANTED I seek the soul of solace of the shadows, so I need mysterious lady to join me. I am arian soon be 55, fit agile & I have a spare fishing rod. Box 106793 b HAND IN HAND Young 52 year old man from Scotland, seeking a lady 45-53 for fun outings and good companionship. Bicester. Box 462582 PASSION FLOWER Young looking 57yr old, 5'9", dark hair, wears glass-es, enjoys cinema, bowling, days out, socialising, seeks loving, loyal female, for LTR. Wallingford. Box

LIFE IS SIMPLE Laid back, practical male, 57, 59", short hair, average build, wears glasses, loves days out, bowling, socialising, country pubs, seeks understanding woman, 45-56 for ltr. Wallingford Box 104639 b A FRESH START Country loving man, 57, 6ft tall, blue eyes, average build. I'd love to meet a nice lady to go out

with and have fun again. Abingdon. Вох 463069 Е MUSIC OF LOVE Fun loving professional, 58, GSOH, many interest, looking to settle down with a loving, sincere, down to earth female.

Wantage. Box 102043 ₺ **BETTER WITH COMPANY Tactile** male, 60, 5'7", wears glasses, likes days out, country walks, evenings in, looking for a young lady, 50-60 to enjoy these good times together.

Northampton. Box 104324 E

START SOMETHING SPECIAL Active male, 60, 5'7", blue eyes, gsoh, likes cinema, theatre, days out, country pubs, meals out, seeks similar female, 54-59 for company & more. Northampton. Box 104253 E

COME ALIVE Fit male, 60, 5'11' seeking a nice and genuine lady, hopefully for a truly lasting relation-ship. **Box 100153 E**

SAIL AWAY WITH ME Young 60, I'm a caring guy, 5ft9, full head of hair! I live in Didcot and enjoy the sea, reading, boats. WLTM similar lady.

Box 468137 E



FIT MAN FOR YOU Outgoing male, 39, likes nights out, pubs, clubs, live music, seeks outgoing male, for fun, laughter and more. Box 103263 E

SHARE LAUGHTER Honest male, 41, 5'10", medium build, tattoos, seeks similar cross dresser, up to 60, for good times and more. Oxford. Box 104625 E

RESCUE ME Friendly Oxford guy, 44, 6ft, 13st, loves the outdoors, cycling and fishing, keeps fit, seeks like-minded, slimmish bloke, for good times. Box 101150 E

ON THE WAY TO YOU Easygoing male, 64, enjoys walking, watching tv, reading & socialising, seeks similar chap, 60-70 for company & more. Didcot. Box 104839 &

LET'S EXCHANGE Male seeking male. I'm 65yrs old, medium build, 5ft9, easy going and affectionate. Looking for someone similar, Abingdon area. Вох 453567 🗈



banburycake.co.uk/news BANBURY CAKE, Thursday, July 14, 2011 11

S MILLION FURNITURE WAREHOUSE SELL-OFF EVERYTHING MUST GO - NO REASONABLE OFFER REFUSED

ADVERTISEMENT FEATURE

INASSIVE FURNITURE SELL-OFF AS WAREHOUSE CLOSES

Abingdon's premier retailers, Lee Longlands and Vineys are relocating their shared regional warehouse facilities resulting in one of the largest clearances of furniture the area has ever seen.

A source advised us earlier this week that their current warehouse has been emptied of stock and it's all been relocated to the Lee Longlands and Vineys stores for a furniture sell-off event running this weekend.

Robert Lee, Managing Director at Lee Longlands, commented further yesterday 'We have over 20,000 product lines marked down this weekend and everything must go. For the last three days we've closed the stores so that millions of pounds of designer furniture stock can be marked down ready to clear.'

TOUGH TIMES FOR LOCAL BUSINESSES

As we continue to hear reports about tough retailing conditions on the high street, we asked Robert Lee if it was a slump in business that is forcing this warehouse closure.

Robert Lee responded by saying 'I don't believe any business can state that they had not been affected by the economic downturn, but we must continue to drive forward through this period if we are to continue to build our business.

Moving warehouse is part of ensuring we are managing our costs sensibly in the current economy.'

He continues by saying 'Both business have been established for over 100 years, and throughout this period we have grown steadily to establish strong stores right across the Midlands region which means that we can retain stability in our core business even through these difficult times.

GREAT VALUE FOR MONEY

We believe that the key to our success has been down to the fact that we recognise that our customers want to buy good quality products for their homes provided they represent good value for money, and that's something we've always tried hard to deliver.

The timing of this warehouse closure is unfortunate as, with the imminent arrival of our new Summer collection, we no longer have the space to continue to store last season's stock. As a result we have no alternative but to mark-down current ranges creating a fantastic opportunity

for bargain hunters to purchase our stunning designer collections at unrepeatable prices. It really is not an opportunity to be missed.'

FIRST COME, FIRST SERVED

As the potential savings are so incredible it is expected that there will be long queues waiting in anticipation for the doors at Lee Longlands and Viney's Abingdon stores to be opened at 10am Saturday morning.

Robert said 'My advice would be to get there as early as possible in order to get the best choice and the best prices. There are over 20,000 product lines ready to be sold so turnover of stock will be rapid – and it really has to be a first come, first served situation if we are going to clear this stock.

Almost everything will be available straightaway for collection or an arranged delivery and we have extra staff on hand to manage the anticipated extra demand.

FAMOUS BRANDS AT A FRACTION OF THE COST

All of the famous brands you can think of will be included in



the sell-off including Stressless, Nathan, Ercol, G-Plan, Duresta, Natuzzi, Sealy, ViSpring, Tempur and Brintons.

With products ranging from sofas, chairs, dining and bedroom furniture, bed frames, mattresses, flooring, carpets and rugs – right through to mirrors, pictures and home accessories – there really will be something to whet every customer's appetite.

Robert gave us an advanced look at some of the furniture on offer and we don't think you'll be disappointed with sofas starting from just £186

Winchester 2 Seater Sofa WAS £1,049 NOW £186

Norfolk Side Board WAS £2,599 NOW £234

Tempur 5'0" HD Mattress WAS £1,929 NOW £224

EXCITING TIMES AHEAD

Robert finished by stating

'Over the next few weeks we'll be restocking our Abingdon stores with the latest Summer furniture and home furnishings. With items sourced from suppliers all over the globe I know our customers are going to be as excited about our new collection as we are.

As a result it's imperative that we clear this warehouse stock to make way in-store for our new stock, so no reasonable offer will be refused on any of our sell-off stock to ensure we are ready to accommodate our brand new ranges.'

Turn the page for a taste of Lee Longlands & Vineys sell-off ranges

STARTS 10AM SATURDAY 16TH JULY

LEE LONGLANDS

VINEYS



SELL-OFF

EVERYTHING MUST GO

But here are a few examples of stock available. Many are one off items which are sold on a first come basis.

VINEYS ABINGDON STORE EXAMPLES

	RRP	NOW		RRP	NOW
Winchester 2 Seater Sofa	£1, 8 49	£186	Somerset Small Bookcase	£175	£28
Lilly Occasional Chair	£535	£79	Walkway Rug	£59	£7
Drysdale Dressing Table and Mirror	6045	£134	Wexford Nest of Tables	£355	£44
and Millor			Buckley Highboard Display Unit	£1, 82 5	£187
Arley Lift & Rise Recliner Chair	£765	£83	Gilford Easy Chair	£639	£88
Victoria 4 Drawer Chest	£355	£47	Gillora Easy Chair		
6 Shelf Oak Bookcase	£355	£18	Tempur 5'0'' HD Mattress	£1,929	£224
o sileli Odk bookcase	3-300		Bali Mirror	£289	£44
Holland Oval Mirror	£315	£48		0.00	£.7
Zebra Picture	£125	£7	Nice Designer Rug 80cm x 140cm	559	T/

SAVE ON EVERY BRAND. ABSOLUTELY EVERYTHING MUST GO!











LEE LONGLANDS EVERYTHING MUST GO! VINEYS

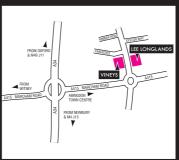
VINEYS ABINGDON STORE EXAMPLES

	RRP	NOW		RRP	NOW
Anti Allergy Quilt	£59	£11	Modern Collection Lamp	£249	£18
Domain Quart Table Lamp	59 1	£8	Whisper Red Rug 120 x 180cm	£195	£8
Ankara End Table	£185	£26	Thelma Easy Chair	£669	£74
Amberly Bookcase with Drawers	£609	£81	Sorrento 2 Seater Sofa	£699	£124
Flagstone Bedside Cabinet	£369	£46			

LEE LONGLANDS ABINGDON STORE EXAMPLES

	RRP	NOW		RRF
Ashling Barstool	29 9	£7	Condo Stool	\$ 75
Norma Barstool	£89	£6	Set of 4 Hot Chairs in Black	£5.
William 3 Seater Sofa	£1,429	£186	Marakesh 2 Drawer Side Table	£4.
Hogan Accent Chair	£989	£66	Slinky Chaise Longue in White	£39
Pebble Rug in Pink 150cm x 120cm	5.599	£34	Hugo Recliner Chair	£1,
New Foundland Oak 2 Drawer Coffee Table	£429	£44	Sabrina Coffee Table	£5:
Beijing Mirror	£315	£28	Cario Table Lamp	£2
Holland Mirror	£325	£34	Ankara 4 Drawer Chest	£59
Manhattan Day Bed	5889	£86	Ercol Windsor Nest of Tables	£A
Norfolk Side Board	£2,5 9 9	£234	Red Sunset Picture	£14
Jamaica Floor Vase	£535	£64	6	
Hall Floor Lamp	£419	£8	FROM DOCKED 8 MRD 211 TERROR DOCKED	
Harrington Coffee Table	£665	£84	FROM WINEY AND SANCOOL PARTS MANGGOING TOURS AND	
Positano Marble Buffet Hutch	£3, 32 5	£244	ANNUAL RATE MARCAMA RUBE PROM NEASURY & MULTI-	RES RE





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RIME Minister David Cameron has said that the local high street should be at the very heart of every community, bringing people together, providing essential services and creating iobs and investment.

Shopping locally not only supports

shops and businesses in your town but it also helps reduce your own carbon footprint by cutting down your journey time.

You can avoid the inconvenience of traffic queues and searching for a parking space, and by choosing to buy locally produced food you are supporting local farmers and growers as well.

Across Oxfordshire we are

blessed with traditional market towns and villages that are thriving community hubs and have lots to offer.

From butchers and bakers to newsagents, gifts shops, coffee shops and small supermarkets, if you choose to shop locally you can buy everything you need to create anything from a delicious four course meal to a picnic lunch.

What better way to spend a morning than to browse your local village or town centre, pick up some local produce perhaps take a break with a coffee at your local café and then take a quick browse through a gift shop or art aallerv.

Some of our local market

towns also have the added benefits of museums tourist information centres and thriving community centres that are well used by different groups and organisations.

Never has it been so important to support your local town, so next time you need to pop out for some essentials keep it short and simple by calling in on your local independent traders shopkeepers and cafés and see what shopping locally really has to offer. If you automatically head to your nearest retail park or out of town shopping centre then set yourself a challenge to buy as much as you can as locally as possible-you may well be pleasantly surprised!





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HOPPING locally is pecoming ncreasingly important, and smaller independent shopkeepers and businesses are relying heavily on trade from residents while they battle it out with the big retail giants and out of town trading estates

The trend to buy locally grown produce, homebaked bread and cakes and locally- reared meat continues to grow and the best way to buy locally is to make sure that we shop locally too.

As well as supporting our local towns and traders, it is also a stress-free and eniovable way to shop for everything from a birthday card and a daily paper to the family's weekly food shopping.

The decline of our local high streets has been highlighted by Government plans to carry out a review led by retail guru Mary Portas.

She is tasked with looking at the problem of empty shops and how to prevent the increase of 'clone towns' dominated by chainstores

She said: "I am calling on businesses, local authorities and shoppers to contribute their ideas on how we can halt this decline in its tracks and create town centres that we can all be proud of.







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and its beautiful cathedral Ely



Elv was for a long time informally considered to be a "city" by virtue of being the seat of a diocese. In 1974 the city status was confirmed by Royal charter on the parish council of the ccessor parish to Ely Urban District, With a

population of 15,102 in 2001, Ely is the third smallest city in England. It is 14 miles



Gloucester Quays street and designer

including high street favourites M & S Outlet Next Clearance, Gap Outlet, Nike Factory Company, Calvin Klein, LK Bennett and Osprey London.

and visit Webbs of Wychbold



Situated in the heart of Worcestershire, Webbs is a family business providing over fifty acres of garden centre inspirational gardens and nursery.We have

everything for the dedicated and occasional gardener alike, as well as providing a great day out for all non-gardeners. So, whether you are looking for a rare plant or want somewhere interesting and friendly to browse around,

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Hatton Country World combines the best select shopping and leisure The shopping facilities at Hatton Country World contai shops that have and maintain unique crafts and craft work using traditional methods There are also 20 antique shops

adequate restaurants and a butcher's shop where you can buy ame meat and poultry depending on the season The Farm Parl oes have an entrance charge but there is plenty to do and se for the children With many farm animals the park has a host of smaller attractions and games to help keep the kids amused

Another Favourite is the Cotswold Wildlife Park



acres of parkland and gardens around a listed Victorian Manor House and

has been open to the public since 1970

Child

35.00

9.00

10.25

antastic day out Shakespear's Stratford.



the birthplace of William Shakespeare, steeped in culture and history. Set in the

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Warwickshire countryside, on the banks of the river Avon, it is one of the most important tourist destinations in the UK

How about spending a day shopping at Gloucester Quays?



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Fancy a day in Wells? Join our fabulous day trip



city in England and the only in Somerset

Wells is a pretty and thriving market town

nestled at the foot of the Mendip Hills it holds twice weekly markets and has a wide variety of shops, restaurants and pubs

Why not try Malmesbury?



Malmesbury is a friendly place, with boutique shops, warn and cosy pubs. delightful cafes and restaurants, medaeva

architecture, a fine abbey, delightful open gardens and a fascinating history Malmesbury is a place to visit to escape the stresses and demands of urban life

Why not try a day trip to Boulogne & Wimeraux



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Opposite La Matelote is the place to stop for a feast of epicurean proportions and after lunch you can walk it off, watching the sand vachters as they dart up and down the spacious beach or visit the fascinating 'Maison de La Beurière' in the Rue Machicoulis, a museum of life in days



Date

gone by in the fishing community, when the house itself was a fisherman's home. Originally a small hamlet of 10 families in 1810, it was the arrival of the first train on the Paris-Calais line to at Wimille-Wimereux in 1867 which signalled the beginnings of the significant growth of this community. By 1914, Wimereux had 50 Hotels and Pensions and 800 Villas, At the end of the war the development continued right up to 1920. In the 30's the English clientele fell off but they were replaced by the locals who had come to love this delightful resort.

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Cotswold Mystery Tour (Including Lunch) West Midland Safari Park

Bournemouth Cotswold Wildlife Park Events at destination (not compulsory)

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around the historic market place and colleges where a unique and relaxing shopping experience can be found. Here a blend of independent shops is mingled with high street brands. Relax in the many beautiful pubs,

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Can't say too much about this one but it will be a most enjoyable trip with plenty to see and do.



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go shopping in the numerous shops and department stores or have a break at the

Let's take a trip back in time at the **Forest of Dean Railway**



Here's a chance to get out of the house and eniov some fresh air and fun with a trip into the Royal Forest with a steam engine.

14/08/11

Steam trains run every Sunday. No need to book in advance, just come along and enjoy the fun! Trains leave

restaurants, bars and bistros Norchard Station approximately every hour.

Let's all shop at Cribbs Causeway



The centre-piece of Cribbs Causeway is a futuristic indoor shopping mall containing over 135 shops including John Lewis and Marks and Spencer (recently

refurbished into a fabulous concept store), over 1200 seat food court with 15 food outlets and every conceivable facility to make your shopping trip fun and rewarding.

West Midlands Safari Park



Are you ready to SAFARI and come face to face with some of the fastest tallest, largest and cutest

animals around?. Then come to West Midland Safari Park, voted 'Most popular tourist attraction in the West Midlands' by children and

Lets take a trip to the seaside with a visit r-Mare Pier of the year 2011



Weston-super-Mare is a great seaside traditional seaside attractions. including the famous donkeys!

Weston Bay has miles of clean sandy beach. and a level promenade boasting superb views over the Channel, particularly from the 40-metre high Wheel of Weston.

Take a trip to Beautiful Lacock Abbey or the picturesque town of Bath



area is brimming with things to see and do Designated by UNESCO as a World Heritage Site, Bath presents some of the finest architectural sights in Europe

the Circus and Pulteney Bridge alongside a diverse collection of museums and attractions including the Roman Baths, Jane Austen Centre and Thermae Bath Spa. Bath's compact city centre offers irresistible shopping and there are plenty of activities to enjoy in the surrounding area.SS

Lacock Abbey

Royal Crescent in Bath Bath and the surrounding



Lacock Abbey (near Chippenham & Bath) was founded in 1232. After the issolution of the monasteries in 1539 ras converted into a home by Sir Will Henry Fox Talbot, was the first to roduce a photograpic negative. It show the Oriel Window of the Abbey and is on the cloister court and several mediaeva

during the conversion has a nice clockhouse and a brevery. You can also visit the gardens with several large trees a rose garden and a little lake. The Abbey is also famous as a location for the Harry Potter films. Lacock Abbey is managed by the National Tust, so don't froute own remahrashing and if wow on a moment National Tust, so don't froute own remahrashing and if wow on a moment and the properties of the propert

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Thank you and goodbye

cinema release of *Harry Potter* and *The Philosopher's Stone*, the most financially successful film franchise in history reaches its tragic and spectacular conclusion. Millions of readers, who nervously turned the pages of JK Rowling's final tome in summer 2007, already know the narrative twists ahead for Harry (Daniel Radcliffe), Ron (Rupert Grint) and Hermione (Emma Watson).

There may be no dramatic tension but that's of little consequence to ardent fans because David Yates's hugely entertaining adaptation of Harry Potter and the Deathly Hallows: Part 2 bids fond farewell to characters we have grown to love. and who have literally grown up before our eyes.

Certainly, the eighth film has its niggles. The final chapter rests heavily on the shoulders of Radcliffe and, while he has improved as an actor, he still doesn't possess the emotional range or vulnerability to provide a strong emotional connection to Harry's grief. Thankfully, Radcliffe's woodenness cannot wreck one of the film's best scenes — a sombre reunion with long-lost friends in The Forbidden Forest.

Watson and Grint shine in their few scenes including that long

convincingly as their teenage wizards come to terms with their loss

The introduction of 3D and IMAX 3D for this climactic film is driven more by box office greed than creative invention. None of the Harry Potter films so far has taken more than a billion dollars at the box office. The ticket levy for 3D coupled with our nostalgia will ensure that Harry Potter and the Deathly Hallows: Part 2 becomes the most successful film of the long-running saga.

It may not be the best film of the series — that honour still belongs to Alfonso Cuaron's stunning interpretation of Harry Potter and the Prisoner of Azkaban, which plumbed the dark, foreboding undercurrents of Rowling's writing with flair. However, Deathly Hallows: Part 2 brings down the curtain in style.

The film opens with Voldemort (Ralph Fiennes) stealing the powerful Elder Wand from Dumbledore's grave, which he will use to slay Harry. Dastardly acolytes Bellatrix Lestrange (Helena Bonham Carter) and Lucius Malfoy (Jason Isaacs) press forward with their diabolical plans, while Severus Snape (Alan Rickman) fills the vacant post of headmaster at

Hogwarts, which is encircled by Dementors

Elsewhere, Harry, Ron and Hermione continue their mission to track down the final Horcruxes, which contain fragments of Voldemort's blackened soul.

The quest leads to Hogwarts where fellow students Neville Longbottom (Matthew Lewis). Luna Lovegood (Evanna Lynch) and Ginny Weasley (Bonnie Wright) are ready to lay down their lives to protect Harry from Death Eaters, including Draco Malfoy (Tom Felton) and his Slytherin sidekicks. Harry Potter and the Deathly Hallows: Part 2 builds relentlessly

seamless conflation of live action and dazzling digital trickery. There are echoes of The Battle of Helm's Deep in The Lord of the Rings: The Two Towers as the forces of darkness breach the

to the final battle at Hogwarts,

school's walls with horrific intent. An attempted break-in at Gringotts Wizarding Bank introduces the blind dragon which guards the Lestrange Vault and the search for Rowena Ravenclaw's lost diadem in the Room of Requirement is similarly thrilling. Aside from the central trio, the third film belongs to Lewis as heroic Neville and to

history is revealed in a heartbreaking Pensieve flashback

The coda, taken directly from Rowling's book, is an unintentionally hilarious missten courtesy of unconvincing ageing make-up.

Giggles aside, there will be few dry eyes when the end credits roll.







Cinema

Odeon, Horsefair, Banbury: Call cinema for information. Box office: 0871 224 4007. Odeon, George Street, Oxford: Bridesmaids, 15. Fri. Mon-Tue. Thu 11.45am, daily 3, 6, 9.15pm, Sat-Sun Wed 3. 6. 9.15pm (audiodescribed; subtitled Wed 3pm, Thu 6pm). Harry Potter and the Deathly Hallows pt II, 12A, Fri-Sun, Wed 12pm*, daily 12.30pm, 3.45, 7, 10.15pm, Fri-Sun, Wed 3.15*, 6.30*, 9.45pm* (subtitled Fri 12pm, Sun 9.45pm); (3D) Fri-Sun, Wed 10.15pm*, daily 11, 1.15*, 2, 4.30*, 5.15, 7.45*, 8.30pm, Fri-Sat, Wed 11pm*, 11.45pm. Transformers - Dark of the Moon, 12A, Mon, Tue, Thu 2.45*, 9.45pm*; (3D) Fri-Sun, Wed 10.45am, daily 2.15, 5.30, 9pm. X-Men - First Class, 12A, Mon-Tue, Thu 11.30am*, 6.30pm* (all audio-described

subtitled Mon 11.30am, Tue 6.30pm). Odeon Kids: Gulliver's Travels PG, Sat-Sun 11.30am. Senior screen: The Eagle, 12A, Wed 10.45am. Box office: 0871 224 4007

Odeon, Magdalen Street, Oxford: Harry Potter and the Deathly Hallows pt II, 12A, daily 11.30am*, 2.30*, 5.45*, 9pm*. Kung Fu Panda II, PG (3D), Sat-Sun 11am, Fri, Mon-Thu 12.30pm, Sat-Sun 1.15, 4.15pm. The Hangover Part 2, 15, Fri, Mon-Thu 6pm, Sat-Sun 9.45pm.

Transformers – Dark of the Moon, 12A (3D), Fri, Mon-Thu 2.45, 8.30pm, Sat-Sun 6.30pm. Box office: 0871 224 4007. Phoenix Picture House,

Walton Street, Oxford: Call cinema for information. Box office: 0871 902 5736.

The Theatre, 2 Spring Street, Chipping Norton: The Way, 12A

Fri 7.30pm. Twilight Trilogy Marathon, 12A, Sun 1.30pm, 4.30pm, 7pm. Tracker, 12A, Wed 7.30pm. Box office: 01608 642350 (Mon-Fri 10-6pm, Sat 10-2pm). **Ultimate Picture** Palace, Jeune Street,

Cowley Road, Oxford: The Messenger, 15, Fri-Sat 9pm, Tue 6.45pm, Wed 9pm. The First Grader, 12A, Fri, Wed 7pm, Sun 8.30pm, Thu 9pm. Island, 15, Sat 5pm, Sun 6.45pm, Tue 9pm. Life In A Day, 12A, Sat. Thu 7pm. Pierrot le Fou, 15, Sun 4.30pm, Mon 9pm. Box office:

01865 245288. Vue Cinema, Grenoble Road, Oxford: Kids AM: A Turtle's Tale, U, Sat-Sun 10.30am. Harry Potter and the Deathly Hallows pt II, 12A, Fri Mon-Thu 9am, 9.30am, daily 10.30am, 12pm, 12.30, 13.30, 3, 3.30, 4.30, 6, 6.30, 7.30, 9,

10.30pm; (3D) daily 10am, 11, 11.30, 1, 12, 2.30, 4, 5, 5.30, 7, 8, 8.30, 10, Sat-Sun 11pm, 11.30pm. Transformers Dark Of The Moon, 12A, Fri. Mon-Thu 10.10am. daily 1.50, 5.20, 8.34pm. Bridesmaids, 15, Fri, Mon-Thu 10.20am, 1.20, 4.50pm, Sat-Sun 5.40pm, daily 8.15pm, Fri-Sat, Wed 11.15pm (audio-described; subtitled Tue 4.50pm). Kung Fu Panda II, 12A, Mon-Thu 10.20am, 12.40pm, 2.50, 5.10pm, Sat-Sun 1.10, 3.20pm (audio-described; subtitled Sun 1.10pm). X-Men First Class, 12A. daily 10.40pm. Diary Of A Wimpy Kid II, U, Sat-Sun 9.40am. Pirates of the Caribbean IV - On Stranger Tides, 12A, Sat-Sun 10 40am Bad Teacher, 15, Fri-Sat, Wed 12am (midnight). Box office: 08712 240240. wheelchair access

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TREASURE HUNTERS ROADSHOW IS COMING TO BANBURY!

By Bill Jones Treasure Hunters Roadshow STAFF WRITER

Clean out your attics, cupboards, closets and jewellery boxes, because the Treasure Hunters Roadshow is coming to Banbury. Our Roadshow experts will be in town examining gold, silver, coins, antiques and collectibles, .

While the Roadshow will accept anything that's old, they will be focusing on gold, silver,

"U.K. coins made before 1971 are most sought after by collectors. Some coins made before 1947 are silver and valuable because of the silver content or could be worth even more if one happens to be a rare date."

pre-decimal coins, military items, vintage toys and trains, musical instruments, pocket and wrist watches, oil, watercolour and pastel paintings, pottery, porcelain and glasswares

At the roashow, we see

Visitors can cash in on gold, silver, coins, antiques and collectables or just about anything that is old.

some exceptional pieces of original paintings, artwork that has sat in storage, attics and cellars alike. Treasure Hunters are proud to work on behalf of a number of worldwide collectors and galleries that re-display some amazing artworks to the public.

Scrap gold is expected to be a popular category this week due to soaring gold prices. Tish McCutcheon, a recent customer from Altrincham, who we spoke to, attended a recent event and walked away with £412.87 from a little jewellery box with unwanted and broken jewellery, said "This is great, I had expected maybe £150 but to get over £400 for jewellery I never wear or was broken is amazing".

Other types of items Roadshow experts hope to see include old toys and train sets. Archie Davis, roadshow toy expert spoke about some of the top toys getting great offers. "Old tin windup toys from the late 1800's through the 1960's are in great demand now."

said Davis, "Especially those that are character related. Mickey Mouse, Donald Duck, the Flintstones or any character toys are sought". Basically any toys made before 1965 are wanted. Train sets made by Lionel, American Flyer, Marklin, Hornby and cars by Dinky and Matchbox have the potential to fetch high prices. Davis also stressed, "Toys with boxes and in mint condition bring sensational prices. Most

of the toys that come to the Roadshow are not in perfect shape but can still bring good prices from collectors."

When expert Tom Fuller was asked what he enjoyed most about working at the Roadshow, he was quick to answer "Old coins and paper currency. For as long as I can remember I have been fascinated with collecting coins. Once, I found a silver crown that

I sold for £300." Tom went on to explain that any U.K. coins made before 1971 are sought after by collectors and some coins made before 1947 are valuable because of the silver content or could be worth even more if one happens to be a rare date. "We help people sort through their coins for unique dates. We buy all types

If you go to the Roadshow, you can cash-in your items for top dollar. Roadshow representatives will be available to purchase your items at the Mercure Whately Hall Hotel, Banbury Cross, Banbury, Oxon, OX16 OAN - Tuesday 12th through Saturday 16th July.

of coins at the Roadshow from halfpennies to crowns, which are valuable from one coin to an entire carload. See you at the

roadshow" " said Tom.



Above • Come on out and have Tony Enright appraise your collectables. These customers cashed in a large bag of broken and unwanted jewellery. They left with cheques totalling over £425.

Our International Collectors Association members are looking for the following types of items.

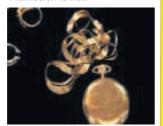
- COINS Any and all coins made before 1971, all foreign coins, rare coins, entire collections, Sovereigns, Half Sovereigns, Gold Two and Five Pound, Britannia, Gold proofs, Silver dollars, half dollars, Maple Leafs.
- GOLD, SILVER & JEWELLERY PRICES AT 40 YEAR HIGHS! for platinum, gold and silver during this event. Broken Jewellery, dental gold, gold coins, Sovereigns, Gold Bars, Kruggerands, Gold, Silver, Platinum, diamonds, rubies, sapphires and all types of stones, metals, etc. Rings, bracelets, necklaces, all others including broken jewellery. Early costume jewellery wanted.
- WATCHES & POCKET WATCHES

Rolex, Tiffany, Hublot, Omega, Chopard, Cartier, Philippe, Ebel, Waltham, Swatch, Chopard, Elgin, Bunn Special, Railroad, Hamilton, all others.

- TOYS, TRAINS & DOLLS All types of toys including: Matchbox Lesney, Hot Wheels, Tonka, Buddy L, Smith Miller, Nylint, Robots, battery toys, Mickey Mouse, all other toys Train sets, all gauges, accessories, individual cars, Hornby, Tri-ang, Marklin, American Flyer, Lionel, Hafner, all other trains all makers accepted.
- MILITARY ITEMS & SWORDS Civil, Revolutionary, WWI, WWII, etc. Items of interest include swords, badges, medals, knives, etc.
- FINE ART Oil, Watercolour & Pastel Paintings, Sculptures, Pottery & Porcelain, Glassworks etc..
- MISCELLANEOUS ITEMS Currency Notes, Pre WW2 Postcards, Metal and Porcelain signs etc.



All are welcome to this event. Admission is free.



www.treasurehuntersroadshow.co.uk

The Roadshow is in Banbury

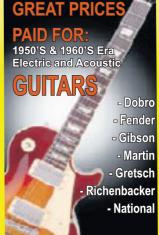
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Gold and Coin Prices High, Cash In Now "It's a modern day gold rush," said Treasure Hunters Roadshow President Jeff Parsons.



Gold is now trading near 40 year highs, and you can cash in at the Treasure Hunters Roadshow. All types of gold are wanted, including gold sovereigns, Krugerrands, Maple Leafs, and other gold bars, etc. All gold jewellery, including broken jewellery is accepted. Anything gold and silvér is wanted.

Out and about

banburycake.co.uk/leisure

Music

THURSDAY

Copa of Oxford, George Street, Oxford: Ear Candy. Free. 9.30pm. 01865 246906

Exeter College Chapel, Turl Street, Oxford: Capriccio Italiano 8pm. £14, concs £13, student £10. 01865 305305

New Theatre, George Street Oxford: The Drifters. £25. 7.30pm. 0844 847 1585.

White Hart, Sheep Street, Bicester: Ressurection. Free. 9pm. 01869 252789.

White Horse, London Road, Headington: Cody. Free. 9pm. 01865 762447.

FRIDAY

Burton Taylor Studio, Gloucester Street, Oxford: Stekpanna Nucleus Jazz Quartet. £10, concs £8. 8pm. 01865 305305. Exeter College Chapel, Turl

Street, Oxford: Parisian Pleasures. Baroque Music by

Candlelight. Charivari Agréable 8pm. £14, senior £13, student £10. 01865 305305.

Folly Bridge Inn, Abingdon Road, Oxford: Oxford Folk Club open night. 8.30pm. £3. 01865 768128

GF Club, Spiceball Park Road, Banbury: Tequila. 9pm. £1. 01295

Sheldonian Theatre, Broad Street, Oxford: Summer Baroque Series Harmony and Invention. 8pm. £10The Dolphin Inn. Middleton **Cheney:** The Duckworths. Free 9pm. 01295 713544.

Wesley Memorial Church, New Inn Hall Street, Oxford: Songs for Sobell. The Oxford Gospel Choir. £8, concs £5. 8pm. 01865 305305. White Horse, Daisy Hill, Duns Tew: Nikki Loy. 9pm. 01869 340272.

SATURDAY

Blenheim Palace, Park Street, Woodstock: Battle Proms. 7-10.30pm, 0800 849 6500. GF Club, Spiceball Park Road, **Banbury:** Big Mistry. 9pm. £1. 01295 252852.

Modern Art Oxford, 30 Pembroke Street, Oxford: Yard Gig.
Coloureds vs ODC Drumline and Maraschino. £5, concs £4. 7pm. 01865 813800.

The Theatre, Spring Street, Chipping Norton: The Spooky Men's Chorale. £14, conc £12. 7.45pm. 01608 642350.

The Theatre, Spring Street, Chipping Norton: Mr Mark's Children's Concert. Exploring the clarinet. £7. Children must be accompanied by an adult. 11am. 01608 642350.

Wesley Memorial Church, New Inn Hall Street, Oxford: Songs for Sobell. The Oxford Gospel Choir. £8, concs £5. 8pm. 01865 305305.

SUNDAY

Exeter College Chapel, Turl Street, Oxford: Consonanze

Stravaganti, Vivaldi's Musical Heritage. Charivari Agreable. 8pm. £16, senior £15, student £10. 01865 305305

Holywell Music Room, Holywell Street, Oxford: Coffee Concert. Tamsin Waley Cohen (violin), Huw Watkins (piano) perform: Mozart, Violin Sonata; Poulenc, Violin Sonata. Children aged five-ten free no under-5s admitted. £11, concs £10, 11,15am, 01865 305305. Holywell Music Room, Holywell Street, Oxford: Summer Soiree

From The Oxford Trobadors. £10, concs £5, 8pm, 01865, 305305 MONDAY

Village Club, High Street, Nettlebed: The Carrivick Sisters. Nettlebed Folk Song Club. 8pm. £12, 01628 636620

TUESDAY

Exeter College Chapel, Turl Street, Oxford: Early Music by Candlelight: Thy Word is a Lantern. 8pm. £18, senior £16, student £10. 01865 305305.

WEDNESDAY Exeter College Chapel, Turl Street, Oxford: The Queen's Speech. 8pm. £16, senior £15, student £10. 01865 305305.

Boat Inn, Canal Road, Thrupp: Jul 14, Beer Street. Production by Mikron Theatre. 7.30pm. Collection after the show. 01865 374279.

Glee Club. 3 Hythe Bridge Street. Oxford: Jul 17, Dom Joly - Welcome To Wherever I Am. 7-10.30pm. Box office: 0871 472 0400.

Mill Arts Centre, Spiceball Park, Banbury: Jul 15, The Pilgrim's

Progress. Saltmine Theatre Company's new play is a modern adaptation of John Bunyan's classic novel. 7.30pm. £10, concs £9. Suitable for 12yrs and older, Jul 15 (Millers Bar), Clare Plested. Vegas, Jesus and Me. Clare's your classic Catholic Watford girl binge drinker, saint and sinner. £3. 7.30pm. Jul 23 (Millers Bar). Jazz and blues. Suzette Neptune accompanied on piano by Steve Cooper and Stephen Nash. 8pm. Box office: 01295 279002. Modern Art Oxford, 30 Pembroke Street, Oxford: Jul 15, Live Friday. G. I. Gurdiieff presentation, £5, concs £4.

7pm. 01865 813800. New Theatre, George Street, Oxford: Jul 15-16, Jason Manford

(rescheduled), Off On Tour We Go. £21. 8pm. Jul 18-23, Grease. The musical. £17.50-£40.50. Mon-Thu 7.30pm, Fri 5.30 and 8.30pm. Sat 5 and 8.30pm. Box office: 0844 847 1585 and 1588.

banburycake.co.uk/leisure

film reviews online

Theatre North Wall Arts Centre, South

Parade, Oxford: Jul 14. The Nearly Naked Chef. Hardeep Singh Kohli. 8pm, £15, concs £12, Box office: 01865 319450.

Old Schools Quadrangle, Bodleian Library, Broad Street, Oxford: Jul 19-31, As You Like It by Shakespeare. Oxford Playhouse Plays Out hosts the Globe Theatre on Tour. £17.50. Tue-Sun 7.45pm, Sat matinée (Jul 23) 3.30pm Sun matinées 2.30pm Postshow talk Wed Jul 27. £17.50. Box office: 01865 305305

Oxford Castle Unlocked, Oxford: Until Jul 16, A Midsummer Night's Dream. Tomahawk. £13, concs £11. 7.30pm. Box office: 01865 305305.

Oxford Playhouse, Beaumont Street, Oxford: Until Jul 16. Eden End. English Touring Theatre and Royal & Derngate, Northampton, £9.50-£24.50, Tue-Thu and Sat 7.30pm, Fri 8pm, mats Thu and Sat 2.30pm. Post-show talk Wed. Box office: 01865 305305.

Burton Taylor Studio, Glouce Street, Oxford: Jul 16 Little Red Robin Hood. Garlic Theatre. £7/£5. 11am, 2 and 4pm. Jul 18-19, Mary Blandy's Gallows Tree, by Lita Doolan. £8, concs £6. 7.30pm. Jul 20-21, The Leeds Tealights. Wed-Thu 8pm, £6. Box office: 01865 305305.

Pegasus Theatre, Magdalen Road, Oxford: Jul 21 MESH After Gilgamesh Performed by Pegasus Youth Theatre Companies. The tale of Gilgamesh, demi-god and king of Uruk, verse drama with dance and song, featuring ancient gods, barbers and weavers alongside the soldiers, citizens and generals in the last Iraq war. £7, concs £5, 4,30pm, and 8,30pm, Box office: 01865 812150.

The Theatre, Spring Street, Chipping Norton: Jul 14, Charlie and the

Chocolate Factory. Performed by year 6 St Mary's School pupils. Tickets £5 from the school. 7.30pm.
Jul 16, Mr Mark's Children's Concerts:

The Clarinet. 11am. £7. (Children must be accompanied by an adult.) Jul 16, The Spooky Men's Chorale. £13, concs £11. 7.45pm. Jul 21 Re-Take That. Box office: 01608 642350.

Ultimate Picture Palace, Jeune Street, Oxford: Jul 18, film premiere James Peverill's first independent short film Gladstone's Value. NB: this has not been graded by BBFC, but the film is not suitable for children. 7pm. £3.

Trinity College Gardens, Broad Street, Oxford: Until Jul 22, Macbeth. Oxford Theatre Guild. £15, concs £11, matinée £12, concs £9, 8pm, Sat mat £2.30pm. Box office: 01865 305305.

Enter events online at http://events.banburvcake.net, Late amendments can be emailed to listings@nqo.com Event listings must be received at least ten days before publication day

Pupils delight at Olympic visit



PUPILS at Sibford School received an insight into the Olympic Games recently, when they were visited by three-times Great Britain Olympic swimmer, Helen Slatter.

Helen, who is team manager to the British Outdoor Olympics Team, inspired pupils by demonstrating strokes, offering coaching techniques and sharing her experiences of competing at Seoul (1988), Barcelona (1992) and Atlanta (1996).
"My journey to the Olympics started on

my 10th birthday when my parents took me to the pool and the lifeguard asked if I could swim 25 metres," she told pupils. "I swam the length and was invited to join the local swimming club, and that was the start of me becoming an Olympic swimmer.

"So, if any of you want to go to the

Olympics don't ever give up on that dream.'

Helen also shared her hopes that Team GB would come away with a medal in the Open Water Marathon in 2012. "I'm heading off to China in the next few days for the Olympic Trials at the World Swimming

Championships in Shanghai," she said.
"That's where we'll decide on the top ten to include in the team and I'm really hopeful we have a winner on our hands.'

There was an extra special treat for three lucky pupils who were picked out by Helen to be presented with their very own Team GB swimming caps.

Pictured with Helen Slatter are Sibford pupils Antonia Clack, 12, Molly King, 13, and seven-year-old Lara Mills ... all modeling their new Team GB swimming caps.



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Sat 16th July 11am - 3pm



The Old Town Party Sat 16th July 11am - 3pm

All day music mini-stage programmed by One Man Band at White Lion Walk with guitar, vocals, pop, jazz and an "Open Mic"session

Sue Greenway and her Dixie Strollers traditional jazz classics

Cornhill 11.30am, Church lane 12.45pm, Dossetts Corner 2pm

Sankofa sabar drummers with special guest Modou Diouf from Senegal Dossetts Corner 11.30am and 12.30am and Reindeer at 1.30pm

Suzette Neptune and The Next Hot Thing jazz and blues at the Old Auctioneer 11am and 12 noon and Cobblers Yard (Spit n' Sawdust at top of Parsons Street)

Rimski Piano's travelling cabaret starting from Dossetts Corner 11am, Comhill 12.30 and Church Lane 2pm.

Cherwell Theatre Company's newest production Sherlock Holmes and Watson The Cromwell Rooms at

Ye Old Reindeer pub 11 30am and 12 30nm and inside the Vaults 5/6 Parsons Street 1.30pm and 2.30pm

at 12.15pm and 1.15pm and 2.15pm

Herbal medicine: myth and storytelling at Parsons Street Clinic no 15A at 11.45am and 12.45pm Balloons and facepainting at Sweet Celebrations 19 Church lane

The Banbury Museum brass rubbing, history trails and activities all day near the Sandwich Shop 43 Parsons Street

Human Statue at Church Lane 11am Dossetts Corner 12noor

Stiltwalker from 11am at Dossetts Corner, 12.30 at Reindeer Church lane, 2pm from Cornhi

Gullivers giant shop signs and tiny liliputians at The Artery 7 Church Lane

Gullivers Art Wall in Church Lane

A 'Window Display of Affection' for the Old Town and its local

Zumba at the Market Place 11.30am, 12.30pm, 1.30pm

Live Music at Also Known As from 1pm-2pm

All Children welcome to join a Liliputian Army and at 2.30pm drag our very own Dave'Gulliver' Farl from

Cobblers Yard (North Bar Car Park) to St. Mary's Church Yard

Programme correct at time of print but times and locations may vary

Best Dressed Window Competition: The traders and charity shops invite the public to vote. Forms available in all shops. Completed voting forms to Overture no 3 Church Lane

Red Cross First Aid Point and disabled toilet at Age UK White Lion Walk also refreshments all day

Permit holders licensed and emergency vehicles have 24hr access to Parsons Street but between 10am and 4.30pm other vehicles are restricted.

St. Mary's Church Fete is also on 12noon - 4pn



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County rugby cup draws

The draws for the County Cup and Shield rugby competions for the 2011/12 season have taken place.

Banbury have been drawn against Wallingford in the first round of the Senior

The full draw is:

Senior Cup (drawn at the County AGM) First Round

Banbury v Wallingford Brookes University v University Greyhounds Henley, Witney, Alchester, Grove, Oxford Harlequins and Chinnor all have byes to the second round.

Shield (drawn at the County AGM)

First Round Oxford v Abingdon Harwell v Gosford All Blacks Chipping Norton v Bicester Blue Boar, Didcot, Littlemore, Faringdon and Wheatley all have byes to the second

Senior Cup Dates

1st Round - 5th/6th November 2011 2nd Round - 26th/27th November 2011 Semi Finals - 11th/12th February 2012 **Shield Dates**

1st Round – 15th/16th October 2011 2nd Round – 26th/27th November 2011 Semi Finals - 11th/12th February 2012 Finals Date to be confirmed

Heavy rain leads to match being abandoned as a draw

Storm rescues Banbury bowlers

BANBURY'S bowlers took a real battering before heavy rain caused their Division 1 match at Welwyn Garden City to be abandoned as a draw.

Choosing to bat first, Welwyn made the most of a hard, fast pitch, with a club record opening partnership.

Jamie Hewitt, the former Oxfordshire all-rounder, and Louis Champion made 280 for the first wicket as the visitors' attack was put to the sword.

Hewitt made an unbeaten 111 off 156 balls, but he was outshone by Champion, who hammered 157 off 183 balls

with 19 fours and five sixes.

The only bowlers to escape hefty punishment were seamer Ashley Blanchard and off-spinner Richard West.

With the Welwyn score at 282-2 in the 57th over, heavy rain caused a lengthy delay.

On resumption, Banbury's target became an unlikely 287 from just 37 overs.

Welwyn's seamer Aaron Laraman found more out of the pitch than Banbury's bowlers, and took three wickets.

The visitors had struggled to 60-3 from 16 overs before another heavy storm ended

play for the day. WEI WYN GARDEN CITY

M Walker c&b Blanchard ... 1 M Hill not out ... 0 Extras ... 13 Total (2 wkts, 56.3 ovs) ... 282 Fall: 1-180, 2-282. Bowling: Shaw 8-0-44-0, Smith 9-0-47-0, Blanchard 10.3-0-50-1, Phillips 16-0-86-1, West 13.4 60.

West 13-1-46-0.

S Cheshire c Walker b Laraman	 ď
C Haupt not out	 .1
Shahbaz Ali c Hill b Laraman	
I Tew not out0	
Extras	
Total (3 wkts, 16 ovs)	 .6
Fall: 1-26, 2-49, 3-55.	

Bowling: Walker 6-1-29-0, Laraman 8-4-11-3, Mitchell 1-0-12-0, Southgate 1-0-5-

Match abandoned as a draw
 Welwyn 10pts, Banbury 3pts

FA cup draws

Oxford City and Banbury United have byes into the first round of the FA Carlsberg Trophy on October 22.

Banbury will travel to Leighton Town, while City will host either Bognor Regis Town or Mangotsfield Utd.

FA CARLSBERG VASE
1st qual round (Sept 10): Thame Utd v Staines Lammas, Hook
Norton v Wokingham & Emmbrook, Windsor v Oxford City
Nomads, Kidlington v Buckingham Ath, Hillingdon Borough v AFC Wallingford.

2nd qual round (Sept 24): Old Woodstock Town v Bicester Tn,

2nd qual round (spet 24): Old Woodstock I own v Bicester In, Winslow Utd or Holyport v Hook Norton or Wokingham & Emmbrook, Thame Utd or Staines Lammas v Hanwell Tn, Flackwell Heath v Windsor or Oxford City Nomads, Henley Tn v Milton Utd, Carterton v Shrivenham, Abingdon Tn v Feltham, Holmer Green or Newbury v Clanfield, Kidlington or Buckingham Ath v Hanworth Villia or Sandhurst Tn, Brackhell Tn v Hillingdon Borough or AFC Wallingford, Witney Utd v Amersham Tn.

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Jun 21-Jul 22

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SAGITTARIUS Nov 22-Dec 21

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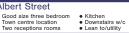












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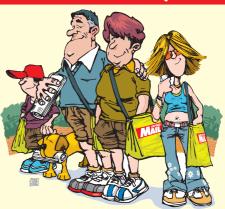
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00	Х	FORD FOCUS 1.8 ZETEC ESTATE, Silver, A/C, Airbag, Elec Windows		
03	03	CITROEN C3 1.4 LX, Red, 5 Door, A/C, CD, Airbags, Higer Miles, Hence		
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Int/Ext.

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Melksham

location.

07850 605317

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engine, 2001,

11 months MOT, 5 months tax

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1999, low

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£750

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2002 Luxury, silver, 1.9 diesel service history, 119k, 12 months MoT. all leather interior, full electrics, a/c, pas, 6 CD player and changer, e/sunroof, allov wheels

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07818 885291

car

£600

ROVER 214 I

1999

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Verv Economical

07813 255514

Rover



07799 807933

£995

414 I

1396cc

Blue

1997

Taxed and MOT

Banbury

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Impression red.

2004. (53) 56.500

miles, fsh, pas, e/m,

e/w, abs, air con tax

and MoT Dec,

excellent condition

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Skoda

SKODA FABIA 1.4

ESTATE

01672 520693

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7 seater.

good family

car

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1.1 ZEST 2

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Tax & 12mths Mot.

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DOOR

Seat

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exc cond in & out

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alloys, sports

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May 2012, tax

Oct 2011

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and very

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Debbie Pratt





When I started at Gymophobics In January 2011 I was very nervous! I was however made to feel very welcome as the Instructors put you at ease straight

away. The staff are always friendly, caring and very supportive, they are always encouraging and give plenty of good advice that helped me keep on track. After 2 re-assessments I have lost 1 stone 7 $\frac{1}{2}$ Ib plus an astonishing 27 inches in 20 weeks. I am enjoying it today as much as I did the day I first started and loving my new look.

Clare Campbell





"I used to always feel tired and never had energy, my knee's always hurt from a previous injury and I lacked motivation. I started going to Gymophobics after a lot of persuasion from a friend, gym's were never something I stuck at and always seemed a waste of money. I have now been going approx 4 times a week for 7 months and have never felt so good, my knee's are

better, I have lost 18 inches and 2 stones and the gym has been a big contribution to this. Some of the reason I have stuck with this is the gym is a comfortable environment, the staff are supportive and always motivating (which I need!) and I can see great results.

Jill Loveridge





I joined Gymophobics in Feb 2009 and am still currently a member. I've enjoyed it from the day I started, as my programmes are consistently changed every 8-10 weeks to help keep me keen and motivated. I didn't have lots to lose although I have currently lost 1 stone 8 1/2 lb and 25 inches off my body. I am really pleased also because my body fat and Bmi have both reduced and they are now classed as healthy. I attend 3 times a week or even 4 where possible. All the staff have been really helpful and encouraging on every visit and because the atmosphere is so friendly I always look forward to my sessions. I also have to mention the 54321 slimming club as this has really helped me to be disciplined with my eating habits and I'm so happy with my results that I've now started Nordic walking in excess of 5 miles at a time as my fitness has improved that much. I would highly recommend Gymophobics to any lady of any age or size because if I can do it anyone can.

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treatment is perfect to hone your summer body and is proven to significantly improve the appearance of cellulite by tightening, toning and smoothing the skin. We are so confident

that this treatment will not only work, but will also leave you dumbfounded as how effective it is that we are willing to offer a DOUBLE guarantee!!

Universal Contour Wrap Classic is an effective treatment that

elasticated cotton bandages soaked in a warm mineral - rich clay solution, and then is intricately applied to your body head to toe, specifically for your bodies needs. The solution in the bandages opens your pores and gently

draws out the toxins and impurities through the skin and effectively flattens and smoothes the contours, including the dreaded orange peel. The treatment takes 2 hours in total from wobbly missus to toned princess!

Celebrities like Alesha Dixon, Rachel Stevens and Joan Collins admit to using Universal Contour Wrap Classic to keep the dreaded lumps and bumps at bay, so make like an A-Lister and book in for an inch loss wrap today!



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